

Getting to know Amerigroup Washington



A closer look at Amerigroup Washington

- Through community outreach, we engage the friends and neighbors at fun, educational events promoting access to care. We also serve on committees on Boards throughout the State that address social determinants of Health. We are out in the community almost every day
- Social responsibility is important to us – we strive everyday to improve our members' health and well-being through partnerships and services. This is part of what we call “Whole Person Care”
- “Whole Person Care” also means supporting organizations that are focused on creating healthy communities. We are proud to support organizations including:
 - United Way
 - Second Harvest Food Bank/Word of Faith Center
 - The Arc of the Tri-Cities
 - Toys for Tots & The United Way
 - Impact Compassion Center
 - The Star Project- Re-integration to community program

We are proud of our Amerigroup Foundation

- We continue to award grants that promote healthier families and communities throughout Washington. Here are a few of the organizations and programs we've funded
 - La Casa Hogar- Pre- GED program
 - Washington Low Income Housing Alliance – Emerging Advocates Program
 - Recovery Café – Circle Facilitator Training
 - Coalition Ending Gender-Based Violence
 - Consejo Counseling and Referral Service
 - Tulalip Tribe Boys and Girls Club – Trail Program

We support Providers too

- **Yakima Neighborhood** – Homeless breakfast
- **Consistent Care**
- **Tri- City Community Health** – 2017 Navigators Training
- **Community Health Workers** - C.H. Worker Conference
- **CHI Franciscan** - Community baby showers and Centering Pregnancy
- **ICHS: 5K Lunar Run and the Bloom Gala**
- **Country Doc: Come Together Gala and Healthcare for the Homeless Spa Day**
- **Health Point** – Hero 5K Fun Run and Kaleidoscope Gala
- **Sea Mar** – Latino Health Conference; Homeless Outreach Days
- **Odessa Brown** - School Based Clinics Sounders Program

Who we serve. Washington Apple Health.



- We help provide access to health care for over 150,000 Amerigroup members through:
 - Temporary Assistance for Needy Families (TANF)
 - Expansion population
 - Children's Health Insurance Program (CHIP)
 - Supplemental Security Income and Aged, Blind and Disabled (SSI/ABD)

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Achieving “Whole Person Care.” We offer extra benefits just for Amerigroup members

- **No-cost eyeglasses** up to \$100 once a year for members age 21-64
- **GED test payment** This benefit is with your local community college. We'll work with the school to verify eligibility and arrange payment. Most often we send you a voucher
- **No-cost sports physicals** for members ages 7-18
- **No-cost Boys & Girls Club membership** where available for members ages 6-18



More extra benefits just for Amerigroup members

- **No-cost first aid kit** when members fill out a personal disaster plan online
- **No-cost dental hygiene kit** when members fill out a personal disaster plan online
- **Disease Management** support and education to help members control ongoing health conditions like asthma, diabetes and COPD
- **Healthy Families** to give families with children ages 7-13 coaching and support on nutrition and activity
- **Acupuncture** Adult members will be able to use 3 Acupuncture treatments sessions every calendar year. Members will have to utilize an in network Provider.



Yes....even more extra benefits just for Amerigroup members

- **Taking Care of Baby and Me®** rewards program to give new moms gift cards just for going to checkups on time
- **Circumcision** for newborns up to \$150
- **Electric Breast Pump (3 options)**
 1. Medela in Style Advanced Personal Double Breast Pump
 2. Ameda Purely Yours Double Electric Personal Pump
 3. Ameda Purely Yours Ultra Pump



Yes...even more extra benefits just for Amerigroup members

- **myStrength™** This new App offers tools to help members with emotional health issues such as depression, anxiety, stress, and misuse of drugs and alcohol.

Go to www.mystrength.com/amerigroup to sign up.

- **Amerigroup Mobile** app for smartphones so members can safely access their ID card, find a doctor, and explore health and wellness information anytime, anywhere
- **No-cost cell phone** through Safe Link and up to 250 minutes of service each month for qualified members, plus:
 - **200 extra one-time bonus minutes** when they choose to get free health text messages
 - **Unlimited wellness text messages** from Amerigroup, plus reminders to renew their benefits on time
 - **Unlimited minutes** when calling our Member Services department



And even more extra benefits just for Amerigroup members

- **No-cost membership to one of these organizations** that support self-advocacy, disability rights and opportunities for people with disabilities: (AAPD), Autistic Self Advocacy Network (ASAN), National Council on Independent Living (NCIL) and TASH. American Association of People with Disabilities



New Benefit!

\$150 Annually for 4 Traditional Healing Programs for our American Indian/Alaskan Native Members

The following benefits were identified working with Seattle Indian Health Board staff.

- **Smudging:**

Smudging is a custom of Native American and other indigenous cultures. For centuries many tribal cultures have used smudging, or smoke from burning plant medicines, to purify the body, aura, energy, ceremonial/ritual space or any other space and personal articles..

- **Sweat lodge:**

The Sweat Lodge Ceremony has been used among many Native American tribes for thousands of years. The sweat lodge, also known as the sweat, sweat bath, or sweat house, is a place to heal physically, emotionally, socially and spiritually in solitude or among the company of others. Purification of the mind, body and spirit occur in the sweat as prayers are expressed, songs are sung, and rituals are practiced.

AI/AN continued

- **Storytelling:**

Healing occurs through the process of telling your story. Storytelling has often played an essential part in healing in indigenous cultures. Stories that heal contain many of the values that are an important part of many native cultures. These values include, but are not limited to: acceptance, courage, truth, and spirituality. When these are in place, some individuals can begin to make meaning of their experiences and get on a path to healing.

- **Talking Circle**

The Talking Circle is a culturally based way of discussing matters from a personal level. The circle is a symbol of unity and equality, where everyone's voice is important. Reciprocity is important among Native people, where something is given to others and also received from others too. In the Talking Circle each person is listened to, and what is said is taken into consideration. The intent is to bring the mind and heart together as one with the spirit so that what is said is true, respected, and done in a safe place where members commit to keeping all that is shared in the circle confidential, to open hearts, to understand and connect with others, and to maintain a spirit of reverence and gratitude.

If a member has a question...

- Contact Member Services: 1-800-600-4441 TTY: 711
- Visit: www.myamerigroup.com/WA

If you have a question, contact me at

Laura.Schmiedeknecht@Amerigroup.com or call me at (206) 376.7871

